Paped March 17 1825 Inaugural Espaythe characters of certain Ingesta-Thomas M. Moiner Gerney loth 1824.

Numerous and dirervified as ano the causes of disease undoubtedly distinguished in the Phalana Stand the Ingesta Old ago is said to be the only natural discase in flicted upon man. In the rest we may thank our ingenuity out the stars The Courses of the East the complex sances of Tranco and the grapes of Spain and Patugad have been the extension of man. The sind of the Noman bunguet have been risited upon the heads of their imbecilo generation. Whether nature ever so fashings the crasy times ment of man that it should enduce the stoms of a thousand writer Scunnot fretend to pay How an evidence fails is and theory supplieds little but conjectino. But that life may be invproved youth prolonged age made left in firms and death retarded is as conformable to theory as demonstrable in practice. What is the cause of Linguity it is auguestion ally difficult to day. It is improposible to found a expten upon the accounts given from time to think of las

tremely old persons. Some lived in cold and some in , hot climates some rose early and some late-some were temperate and others free livers. Est modus in rebus is an axions of as never failing applie cution in minals as in taste. Never yet has man edtempted to force the pleasures of humanity boyons a certain limit without physical a moral degr redating to much has been said of habit on the quality and quantity of food which a person may take with impunity or propriety that we cometimes regard it as a second nature and the Irunonian doctine seemes almost justly to deny the plains elst- and most valutary detetio maximo from the astenwhing powers of enduranco under the administration of the most decidedly notions in gestio But grand like this is not tenable for a few exceptions to a general rule cannot go for towards establishing a principle or puntions In its consequences both repor health and the or der and well being of society. Notivishotanding

no nelle being of document a latter besting

the tradition of the Poets that man line first on fruits and the opinions of Porthago as and the eccentric Ropean that his from should be exclusively regor table yet regarding his an atomical structure au his habits in every climato we arrive at the conclusim that both animal and regetable ford in certain proportions are best adapted to his nouse ishment and physical comfort. And although we may be told of a certain people as those of the extremo toth living exclusively on flesh in from and others as in the tropical regions making neo of a dect entirely regetable yet nature and health air a secredly better satisfied with a conor promiso as in the middle latitudes and over the quates portion of our glober the inconveniencieses Sulting from a regetable monopoly are not man Riderable or unimportant Among the most conspic now may be runked feeblench of the otimads and digestine systems great initality general languar mar as mus scrofulous and cachectic

habits of body with exception waterin of the numary no gans the fever of cheestion has been declared to be great. to when animal from has been taken than when vego etable and the topor or drowings much more consis: enable in the former than the latter. The conversion of animal substances to the nouveshment of the oysteno is in general prompter but attended with more pion lence of action than where articles from the regetar ble knydom have been exten. Dr. Darwin has sug= gested that three regetable which appearach near est to the nature of animat bodies supply the great est proportion of the nourishing material Kence the even lent much rome the glutin of wheat and other pubstances and the oil and Reinel of Reeds may to places in the first rank in this nitenting Sut though this he the case with there substances there are others which supply nearly an equal quantity of nutriment- from the facility with which they curo he changes into ougue or micocilego. And in conobnation of the latter state=

ment we resert to the well known fact that the date which furnishes a large portion of laccharine and much lagunous matter is a heading article of the the Soprian Egypt and Persia and that during the class of Roman magnificence they was accorpaged as almost moligenselle by the ethlic tue preparator to their gymn as to eccesse.

Of the regetables in most general previte Port her's Oland foremost and individual whose air the apparatus was not an feebles by diese and whose familiarity had places beyond as doubt the innovering character of cabbage he far as he alme mas capable of forming anoping in ormits probably feed very skeption on producing total that experience had demonstrated its in applicability in an apprecial condition of the olimach. Here are otables run into a state of put experience how some than cabbage and when the oit should be in medially after cutting of and the firm nels of its texture in attendant present of the present of its texture in after cutting.

and a more the last of the said to the

quantity of fixed air given out from it during the process of digestion it is aft to produce flat whence bastrodynia and disorders of the bornels. A peculiarity has been remarked in the degesti blity of this regetable org: that some de licato stom achs which die nitterly unable to man appoint. ed cubbage can ent it naw as it is honght to an tables cut somale and drefeed with linegas. In Hollande Germany and in numerous districts of aw own country people d by the descendants of the early Dutch and German settlers there is a method of preserving them by cutting into pieces sprinkling with palt- and some aromatic her be. They are afterwards put into a tuck or have: rel-packed close and left to ferment when it is called some crout a vace knaut. This and all pickles of babbago are justly consideredly this people unenervatico be causo unvisitedo in a great measure by the impairing consequen ces of the extremes of fush imable lipe as wholes

some and antisculutio from the Vinegas and qui ces they contains. During Capt Gook's D. orgage the most aemack ablo in respect to the health iness of his crew that ever was per former in a letter a Daysed to Sir John Variagle he gives an account of the method adopter by the adminaly for the preservation of his mero. He was well pro: pided with a large stock of our crout. A found of this was served to each man tince a week." Inice the trial made an board loupt. book's ships it has been extensively used by the direction of the British government in non muons other situations. It has proven itself beneficial in presenting scury and curin, many diseases. Juning the Revolutionary was the British troops lying at Poston who were fer prinapally on salt-provision quanted against the incus. Sion of disease by the few employment of this article. Louis must homever be bestoned that it be properly prepares and kept then

served out in a putio state it is not only highly disagreen blo to the taste but polably also perior cions in its effects the free mes of Mustain How radish and other otimulating dietetics of a similar naturo mo also in a considerable de gree influences by temperament of as is miques: timably the case they be not only a mysible but highly beneficial in topics habits in an apposite condition there must be an evident impropriety in employing them as thomounds do withing disc cromination a regard to individual temperament. The Lettico though much easier of dir gestion then the cubbago in reality contains little or no nutriment. It is an alwarmack and experience and observation testify to its truth that it agrees better with some temper raments than others. The parquine and the biling may stars in new of its porthing active qualities but the Migmatic requires per such comforter. Its mus dotic preperties

make it agreeable to ome stomache while in others its effects are reversed.

Less doubt perhaps exists of the liability of the Caroumber to impair the healthy action of the sto mach and when impaired to bring an active direase in a very short time than of any other of the Fructus House'in common rule as dieteties at our tables. They are of tittle service except as a refugerant a condiment to accompany annual food. They have been discharges from the stomach with very little alteratin after having been retained there 48 hours in the raw a crude state they are always humical to the gorty or dyspeptic stomach and may occasion ally become the cause of alarming disorders new leso previously modified by some culinary percept The farmace on matter they contain maybe int hotent but the quice which is vais to propers the porce of descepating pemples from the other when applied laternally will not infrequent by display its acrimony as the gastic applicatus.

That the Votato does contain an active narcotic prin caple is now made manifest and why may it not upon particular idrosyncrasies and in certain Otates of the oyoten farnable to a morbid imprejoination come efficient in the production of disease? Yet this ou cum stance does not and cannot or far melitate against its well established charaos to as to weaken its well earned fame and high rank in the classe of nutriments. It only mighins that care may sometimes be necessary in itsems playment of ake from an Husburano the Votato and you make his much loved Emerald Isle poro Indeed Soil climate and cultivation have certain by much modified title to Solanum Tuber osum Although furnishing a quater proportion of new titions matter than almost any other of the esculent roots yet the question otile remains out Indice" whether Potatoes alme can Duppert a herson in active and laborous life During the scarcer On Scotland the Pensantry friend that without

the addition of animal food they occasioned but terms deblity and were at length totally in on ficient to maintain life. It might be a both a featin to say that the Third Petals will frequently being about Long peppin and alimentary complained to declare that they will pertunat a keep sup a disadvice that they will pertunat a keep sup a disadvice that they will pertunat a keep sup a disadvice that they will pertunat a keep sup a disadvice that they will pertunat a gans and are contained that in fact particularly of the selection could kind Like the Swinip they do not proper to a law time personal which could thereby con est any bad effect.

Thirty wholesome and conce deally putinometale as is the flow of Whent-age and Andrian corn in know of mothing so certainly avairus aget so generally un ous pe cleaf as each from more trace and a diseased state of the grain itself. Is to the consequences of the frismous nature of spursed the enquiry and observation are aspeals and days of developing facts course nature of this prostring

Epidemics which drave devastated stepser Juany and part of France have all been traced to this cause the effects of Eagot are different according to the time in which it has been used and the quantity taken. In three who have eater of it for a short time it produc ces a variety of persons egouptions including what has been called connelsino Eago time while that cuns sed by eating it for a longer time and in larger quane tities has obtained the hame of gangienous Ergatism The first is reshered in by an amersy sensation of the feet a kind of takking a accepting and speedily afternands Cardralgia and disnau in the head and hands to this succeeds detanus contractions foaming at the mouth burning thirst vertige or the Danptomo of on tour aution- na ania- melanchotia or Come. Almost all three affected as with Epilepay die. In many the face is covered with an exuption resembling Flew lites. The pulse is quite natural. The dis. lace last 2. 4. 8 and sometimes 12 weeks with interrale of repro. Of It's persons affected with it in

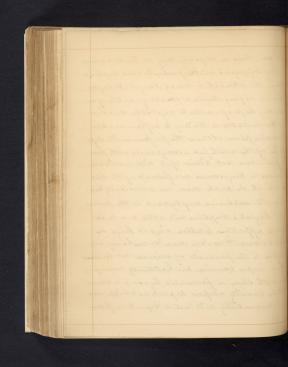
a part of Telesia Bro children perished. The ganger word Eagrain commences with an acute pain and there ming heart on the great too which after a while are cends and gains the legs. The fort then becomes were rate and livid. This state is our ceeded by gangione which rises to the knew. The leg is detacher arits articulation and shows a healthy surface which soon heals if the previous morbid causes have been removed . The pain is noully more severa during the night than day. There is some thirasher the appetite is good and the functions regularly performed. Animalo for with spuries myo have after a while perishes from gangrene of the limbulars and tails and a cute inflammation of the on trov timen A medical gentleman once in for mor me that the first cop of wheat upon newly cleared genus above horarially contained a considuar ble proportion of smut-or mist-and he has seen redent pain in the hear and Dearchae a result from its employment. It is a common and well

estatished motion that new ween hear is more difficult of digestion than cold sometimes bringing in spaces of the stomach and parceyons of gent and in opposition to the practice laid down by Do Gugar of Edward hay is her

medical lectures is inquirous in Dyspepiera.

The Soma cas though less exception able than the Stone fruits particularly the Humb and Cherry are not without their inconveniencies especially the Apple which is an enemy to a Dyspeptic otomach. Ithas been hought up in the Dame mapes in which it was swallowed after a lapse of ties days. The unmoderate use of Apples and the Cide obs tained from them in certain counties in Enge land and Normany have producer the rigo: table colio and rheumatismo. The colio which prevailes in Deventhise in 1/24 and describes of Kucham was due to this cause. The words then of Coraco Pomifero grave tempos anno: are not merely a poetrical expression of the moulgence in Pies pasties and cakes which re-

que some time in degesting may me hace a whose train of Suspeptio and Sopochon driacae amplants. When the stomach is merel languis or en few bled in a hifling degree a small quantity of ani mal may be preferable to regetable dist bur if it be initable a tending to inflammation the reverse plan obtains the preference. The Des: repeix of the youth ful accompanies with fores and pain doce not admis- of its administration A curse a turger cence and fulness of the rest terious. It's exclusive employment is the precurfor of herpetic ouptions and after a while chionic affections. Callen says it hings on alkalescency. It renders men Incoherry and mactine in the pursuits of science not temper ed & a proper exercise and habitually accompan mis with strong a fermentes by nors is a source of thre unwilly adopose depositions which als most universally in di cute a departure from



health.

If now we pape from a oursey of the different Rinds of ford made use of by man for the gratifica. tim of appetite and the support of senoual pleasure to the ranches of chink we see before no acrows of the most interesting mentio Phenomen a which cum lugage the attention of the Physician. Reason like Ungels trumpet trigues has warner long and low ?-The has pointer to the amful waste of lives and the destruction of or ceal bonds with a host of wils On sequent upon intemperance Man has and always will close his eges in listle to morconing. The minalist and divine can show but few hoplies of success in their combat with this mois citle for the blood of the earth has been the capital enemy of his sons. The intraicating force has chains too alluring to be prostponer for praotice, conducable to health and printer out by rear am. But in the execution of the original design of this epay I must confine my self to a very fur

of the dimks and there of the more common kind and as semple beverages sanotimen by the fiat

of time.

den tras riginally made use of for metrain at impress but became a fashionable bernage from the example of Cathains control to Charles the da. who has made use of it in Intergrate of har bekewise the recommendation of some distinquestio Lutch Physicians. It has been niger in form that it necesses the process of dyes time is an excellent concernitant of orlice for desting o the insalubrions nature of some waters deperpates sorrow and effectually culmo the turbulence of care of has much indence in support of its bene. ficial qualities in fever and calculous complaints. I mally it has down much to apport so trety but the apposite party more has been accomplish. a. It is oubstantiator that The deale of contains active unate agents which are prismons from when in a dieto contintion Its astring in a first first

Jonic may and probably does indirectly debilitate. The enervaled and indecisive character of the Chineso is convicto end a result of the monentary excitement of sea drinks will the green however is the most active aut it is this almost solely which has funished matter fa dis capsion. Lastly without an enumoration of ale its maked effects when drank for a length of time and in large quantities it is aft to accasion Tremord Palsies and various other pry neptons accome from Navatic plants while it aggravates hysterical and hypochen driacal complaints. Dr. Nohn son its otingest advocate was a soletary but Dorry Com. found of petulance and initability attributable in a considerable degice to his frequent and hugo potations of Jea.

Coffee like den has has and still contine nes to retain its proselyter and the genteful sens satins it produces on the sich or debilitates the much and the sed atime power it exects on the ris retain have secured for it many admirers.

The Junks and Arabians take Wilange quantities with peculian propriety because it counteracts the Nacotic effects of Opins to the use of which there nations are magically devoted Sut like every other betwee this has a reverse Dr. Vercione to determine its acal effects upon the human body has mado several experiments the result of which he gives in the following language." From these observations we may infer that boffee is olightly askingent and autiseptie that it modifies alimentary fermentation and is powerfully sedative? Its action in the nervous system probably depends up: the oil it contains which receives its flavour and is undered mildly empyreumatic by the proces of roasting. Neuman obtaines by distrelatin from a Journet of Coffee Tources Janco a half deachus of water - o ources and half a diachow of thick fortia oil and 4 ounces and I deachers of Caper + mertuum. In delicate hat. its it aften accasions watchfulness and many

of those complaints denominated Acrows. It has been suspected of producing Palsies and Dre House dith a distinguished Country Practiciones some months ago informed mo he knew an individual wholaver h used it without an attach of Epilepay. Ilaco affirms that he become Paralytic of the too like eral use of boffer and that his disorder was only removed by an abstrience from this diquer. the benefits arising from the employment of hot strong leoffer in e Asthma depend puncifially upon its farcotic nature. (Domen who are liable to miscoury and the youth fue sanguine should arrive it. Though a stor poison it is often a suco. Our own Guman and Intol who employ it almost " sine limitatione" are soforour and Phlegmatich. Cellus the Swedish Philoson the undermines his constitution and eventually destroyed him self with this bearage and while a student of Medicine in wethlehem my precepto pointed out a case of mental aliena =

in give to them the attack out in when stone

tion originating in the abuse of Coffee drinking.

